



## Helping Kids Back Into the School Routine

With Praise, understanding, and some structure you can smooth out back-to-school jitters

By: Lianna Wilson, MA, and Sarah Straus, MS

As the summer comes to a close and school is getting back into session, here are a couple quick reminders to help make the transition from the beach to the classroom easier for you and your child.

**Validation:** Let your child know that his nervous or apprehensive feelings about the start of school are normal. All kids (and adults!) have a hard time getting back into the routine of the school year. The knowledge that he is not alone in this experience will help your child feel he's being heard and understood.

**Morning Routines:** A common change that occurs as we begin the school year is a new morning routine. To help your child be successful, discuss what her morning routine will look like during the school year. This way, your child knows what will be happening and has clear expectations that are valuable to her under the time pressure of getting ready for school. Provide your child with simple, well-defined, and easy steps for her routine so that she has a clear idea of what you expect and so that it's easy to follow along with you! Having an easy-to-reference schedule, maybe with pictures, can engage your child and provide a wonderful visual guide for what she needs to do next. Giving specific praise when she completes each lets her know that you love what you're seeing. This will increase your child's chances of success in the future, and helps build her self-esteem.

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Please check Brightwheel every day. There is important information there! Also, make sure your child always has a change of clothes and/or diapers/pull-ups, if necessary. Thank You!

## Caterpillars/Buttercup Butterflies



This school year, our babies will learn about numbers, colors and their senses. There will be a lot of sensory activities for them too. Let the adventure begin!

Wow the summer has flown by for the Buttercups! Water days, music specials and more all helped us learn and grow. The school year is going to be filled with learning and exploration but with a bit more focus. We'll grow our school family and learn about team work in the first week of school. But as always, we will have lots of time to play.

-Meme, Ms. Stacey & Ms. Brittany

## Pixie Butterflies

Hello Pixie families! For the month of August, we will talk about and practice our classroom rules and routines. We will also talk about how to use the classroom centers and how to put our toys away. We are so excited to start a new school year with our Pixies!

- Ms. Vanessa & Ms. Tiara



## Elf Butterflies



Hi Parents! As we embark on another amazing school year, we will start our year off with getting to know our classroom, teachers, peers and expectations. The first six weeks we will learn about Building our Classroom Community. During this time, our students will be introduced to our classroom routines and experiences that make up our preschool day. We are excited to establish a strong foundation by providing our students the space to create, discover and play for the rest of the school year.

-Ms. China & Ms. Keyanni

## Julia Butterflies

We are so excited to start the 2022-2023 school year! For the first six weeks of school, we will be learning all about our classroom, the different centers and class schedule. We will also learn the names of the students and teachers in our class. As we prepare for the year please be sure your child has weather appropriate clothes in there cubbies in case of spills and accidents.

-Ms. Paige & Ms. Fallon





Ms. Lakishia's Birthday—August 4th  
Ms. Dara's 6 Year Anniversary—August 11th  
Ms. Shirley's Birthday—August 12th  
Ms. Deja's Birthday—August 17th

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**Homework:** Another transition that can be rough after a summer break is homework completion. Like the morning routine, providing your child with a structured schedule can help him stay focused and motivated. Completing homework as soon as school is over and with continuous parental support will take advantage of the daylight hours and provide encouragement, motivation, and assistance when needed. Snacks are a great way to keep your child's energy up while he works through those tough math problems. Of course, some children have active schedules, with team sports, music classes, or afterschool clubs, which can make engaging in homework more difficult. Letting your child know that you understand the hard work he is putting in and being ready with frequent positive feedback for his effort can help motivate him to get homework done.

**Bedtime:** Bedtime is one of the hardest transitions. Children may be accustomed to going to sleep later and/or waking up later during the summer, so the new school schedule can be difficult to get acclimated to. As with the morning routine, having a nighttime schedule can assist in creating a structure for your child. Set your child up for success with clear expectations, simple step-by-step instructions, and praise at the completion of each step. Additionally, visual reminders can help your child have something to refer to as she goes about her routine. Most kids want more time watching their favorite TV show or finishing that last level of a videogame, and setting time limits can be a great way to put a boundary around the winding down time that they need each evening.

## Pop Bottle Firefly

These fireflies are the perfect example of a kids activity that all children will absolutely love.

### What you will need:

- Water Bottles or Pop Bottles (clear)
- Tissue Paper
- Glow Sticks
- Pipe Cleaners
- Googly Eyes
- Foam Sheets
- Mod Podge
- Foam Brush
- Glue gun



1. Cut a sheet of tissue paper into 1 inch strips.
2. Brush a layer of Mod Podge onto the center of your bottle.
3. Stick the tissue paper strips onto the Mod Podge, wrapping it around the bottle. Brush another layer of Mod Podge on top of the tissue strips.
4. Once dry, wrap three pipe cleaners around the center of the bottle, on top of the tissue strips. Twist each one around the bottom to form the legs.
5. Cut 2 wing shapes out of a foam sheet. Using a glue gun, attach them to the top of the bottle.
6. Place your glow stick inside the bottle.
7. Glue on a pair of googly eyes onto the bottle cap and then twist another pipe cleaner around the neck of the bottle to form the antenna.
8. Your pop bottle fire fly is complete!



### Super Supper

**White Beans  
w/ Smoked  
Turkey Sausage & Corn-  
bread**

**Pick-up day is  
Monday,  
August 8th.**

**Baked Shells  
w/ Pink  
Sauce, Italian  
Sausage &  
Caramelized  
Onions**

**Pick-up day is  
Monday,  
August 22nd.**

**\$5.00 each  
Payment is  
due before  
pick-up**

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EXCELLENCE IN EARLY EDUCATION

#### Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

#### Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

*Winter Park Day Nursery is a 501 (c)(3) tax exempt organization.*